

YOGA CLASSES IN COTTONWOOD



Wednesday Evenings

March 7-April 25

5:30 - 6:30

**Basement of the
Cottonwood Community Hall**

**Everyone is invited regardless of
age, ability, gender or physical
condition**

Yoga can:

- ♦ *Increase Flexibility*
- ♦ *Improve Strength*
- ♦ *Lead to Better Posture*
- ♦ *Enhance Breathing*
- ♦ *Reduce Stress*
- ♦ *Improve Concentration*
- ♦ *Improve Mood*



Sue Lattin , CYT, NCMT
Yoga Instructor

\$63 for the 9 week YOGA series or \$10/per session

Payable at class-No preregistration

Wear stretchy cloths, bring a yoga mat or towel and belt.
Instructor has some extra mats available.



St. Mary's
Hospital and Clinics | Cottonwood, Idaho

